



# Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 17  
17th January 2025



## Upcoming Events

### 6th Form Open Evening

Thursday 23 January 2025  
5.00 – 7.00p.m.

### St Angela's Day

Friday 24 January 2025  
School closes at 12.40p.m.

### Year 10 Progress Evening

Monday 27 January  
4.00 – 6.30p.m.

### Year 7 Progress Evening

Monday 10 February 2025  
4.00 – 6.30p.m.



## Headteacher's Headlines

Dear Parents & Carers,

At the Ursuline Academy, we are incredibly proud of the wide range of enriching activities that make our school such a vibrant community. From the exciting experiments in Science Club to the Year 10 students showcasing their confidence in the Jack Petchey Speak Out Challenge, our students continue to shine.

Recent highlights include a Chemistry visit to the University of East London, inspiring our budding scientists, and the creativity fostered in coding sessions with Ms. Ahmed and Ms. Hanifi. Students were also captivated by a drama team theatre trip to The Lion King, and our PE stars who inspire their peers.

All of these activities reflect our commitment to Catholic Social Teaching, encouraging our students to use their gifts to lead for justice, serve others, and make a positive impact on the world. Together, we are building a community rooted in faith, hope, and action.

Fiona Stone,  
Headteacher **SERVIAM**





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### Chaplaincy News

Pope Francis@Pontifex – 15th January 2025

Jesus wants us to be free and happy, so He asks us to stop and listen to the suffering of the voiceless. Fighting exploitation, especially child exploitation, is the path to build a better future for the whole of society. [#GeneralAudience](#)

### Forward in Joy – 366 days with Angela Merici – Daily words of wisdom from our patron saint

January: Trust

17th January: May you be motivated solely by the love of God.

18th January: God will provide for them wonderfully.

19th January: If you see one timid and inclined to despondency, promise her the blessing of the mercy of God.

20th January: In these pestilential times, you will find no other recourse than at the feet of Jesus Christ.

21st January: Without doubt you will see marvellous things.

22nd January: God only wants what is for your good and joy.

23rd January: They should place their hope and love in God alone, and not in any living person.







## Chaplaincy News

### January

It's a brand new Year!!

**January** is the first month of the year in both the **Gregorian; Western Church, and Julian; Eastern Church** calendars. January is traditionally the coldest month in the Northern Hemisphere and the warmest month in the Southern Hemisphere.

Historically **January** (In Latin, **Januarius**) is name after **Janus**, the god of **beginnings and transitions** in Roman mythology. Janus is portrayed with two faces—one facing the past, and one facing the future.

Traditionally, the original Roman calendar consisted of 10 months totalling 304 days, winter being considered a month-less period.

**January 1** is celebrated worldwide as **New Years Day**.

The Roman Catholic Church celebrates the **Solemnity of Mary, Mother of God** on this day. In some Western Churches the **Feast of the Naming and Circumcision of Jesus Christ; the eighth day of Christmas-tide**.



The Ursuline Academy Ilford

### CHAPLAINCY NOTICES: JANUARY



**January, the first month of the year, is filled with Positive aspiration and anticipation of the year ahead.**



### January days of Religious Significance

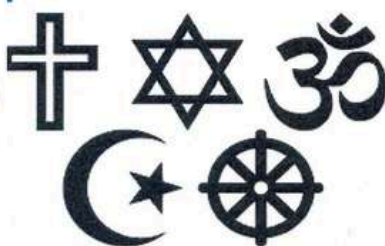
#### 6 January: Feast of the Epiphany.

The day marks the end of Christmas-tide in the Western Church and the visit of the Magi to baby Jesus.

**6 January: Sikh: Guru Gobind Singh Gurburab** Celebrates the birth of Guru Gobind Singh, the Sikhs' 10th master and teacher.

#### 14 January: Hindu: Pongal

A harvest festival thanking the Sun God for the agricultural abundance.



### 6th January:

### Feast of the Epiphany

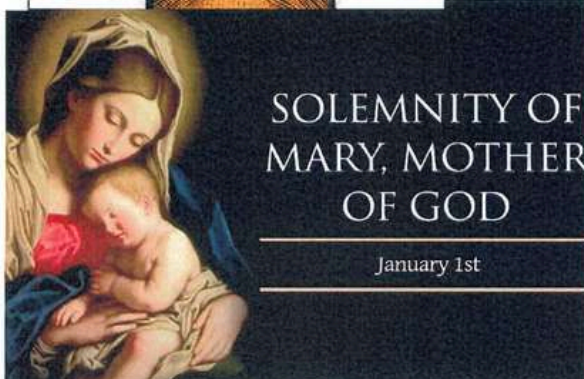
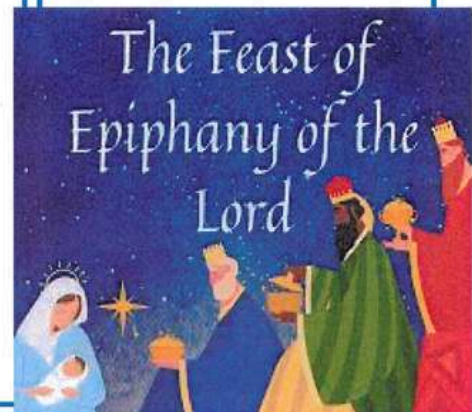
**Epiphany**, also known as Three Kings' Day, "**Theophany**" in the Eastern church is a Christian feast Day commemorating the visit of the Magi, the baptism of Jesus and the wedding at Cana.

It is a Christian feast day which falls on 6 January. It is a holy day of Obligation in the Church.

For many Christians it's when a star led the Magi-also known as the Three Kings, or the Wise men, to visit the baby Jesus after he had been born.

This date also marks the end of the **Christmas-tide season**; the 12 days of Christmas. It is customary for Christians in the Western Christian traditions to remove all their Christmas decorations on **Epiphany Eve; The Twelfth Night**.

Popular Epiphany customs include Epiphany singing, chalking the door, having one's house blessed, consuming Three Kings Cake, winter swimming, as well as attending Church services.



### Orthodox Christians:

**Why do they celebrate Christmas on a different day?**

The Orthodox Churches make up about 12% of Christians worldwide. These Churches are based mainly in Greece, Russia, Eastern Europe, Northern Africa and the Middle East.


Although Christmas celebrations are over in many western countries, for millions of Orthodox Christians the **7th of January** marks the biggest day of celebration. The reason why these dates are different is because of the calendars used to calculate the dates of the birth of Jesus. **Catholic Christians** use the **Gregorian Calendar**. **Eastern Christians** use the **Julian Calendar**.





## Brown Envelope Day 2025!


Every year, to prepare our Year 11 students for the experience of receiving their GCSE results, we host a Brown Envelope Day. A day where the students all get their GCSE mock results in the same manner as they will do in the Summer. The nervous tension on Thursday morning was palpable with some students almost too nervous to open their envelope. As ever, there were screeches of joy intermingled with a few tears of disappointment. However, the overwhelming feeling was positive, and the students appreciated the experience and why we do it each year. Hopefully, this will spur on any disappointed students to ensure that they plan an effective revision programme and seek out help from their ever-willing teachers. Remember to register for the Open evening on 23 January, we look forward to seeing you all!

**UA6 Open Evening**  
Thursday 23rd January 2025, 5pm-7pm  
Headteacher and Head Girl Presentation 5:15pm

**UA6** Ursuline Academy Sixth

Scan the QR code to register your interest




Scan the QR code to register your interest



**Mr Robertson, Assistant Headteacher**



## Chemistry News

### Chemistry Enthusiasts Compete at University of East London

Recently, four of our students participated in the Chemistry Mastermind competition, hosted by the Essex branch of the Royal Society of Chemistry at the University of East London. The event was an incredible opportunity for students to interact with peers from other schools, gain insights into university life, and put their chemistry knowledge to the test in a dynamic setting.

The competition featured three key rounds: a Practical Round, where teams collaborated on an experiment; a Knowledge Round, involving an individual written test; and a Team Challenge, which required non-practical problem-solving.

Our students share their experiences below:

“Going to the Chemistry competition was a great experience. We learnt a lot while having fun. My favourite part was the experiment challenge as we got to use lots of new equipment.” **Lily George 9C**

“The best part for me was the practical because it was fun to work as a team. Figuring out how to do the experiment was exciting. It was nice to meet new people, and I learnt how a university works—I aspire to go to one when I’m older.” **Amelia Ali 10T**

“I loved working in teams and facing different challenges that made us think outside the box. My favourite part was using different chemicals during the practical. I also learnt how chemistry is used in careers and how it can be made fun!”

**Jannat Fariha Mehad 9C**

“The visit to the University of East London was a fantastic experience. Seeing everyone engaged and ready to learn was lovely. I enjoyed touring the campus and experiencing university life. During the practical, I discovered new information, used advanced equipment, and learned how some resources were more efficient than others—I loved it!”

**Habiba Tijani 10J**

This enriching experience not only enhanced the students’ academic and practical skills but also ignited their passion for pursuing higher education and careers in science. Congratulations to our participants for their enthusiasm and teamwork.



**Dr Osei-Owusu, Head of Chemistry**



### Science Club

#### Creative Chemistry in Action: Making Soap and Magic Milk

The spring term started off squeaky-clean in science club last week when we explored the science of soap-making. Taking a few soapy flakes, combining them with oil, food colouring, and a range of scents to create our very own custom soaps! It was ironically a messy but fun, hands-on way to understand the chemistry behind one of the most common cleaning agents.

This week, we took a different approach with 'magic milk'. Using milk, food colouring, and dishwashing liquid, we observed how the detergent broke down the fats found in milk, creating a beautiful burst of colours and movement as the fats separate from each other. It was a colourful demonstration of cleaning agents in action!



**Mrs N Harrington and Ms Agudelo**



### South Asian Society

The South Asian Society celebrated Pongal/Makar Sankranti, a traditional harvest festival observed primarily across India and the north of Sri Lanka. The communities come together to honour the sun, nature and farm animals for their contributions to a bountiful harvest. Although Pongal typically falls on January 14th, we celebrated it on the 16th in school.



**Ms Sivachandran & Mrs Verma**





## Computer Science News

### Year 8 & 9: Building Leaders for a Better Future Through Coding

In Computer science lessons our Year 8 and 9 students have been working incredibly hard in their Python programming lessons, but these classes aren't just about learning to code they're about making a difference. By weaving **Catholic Social Teaching** into the curriculum the girls are gaining a deeper understanding of how they can use technology to promote justice, fairness, and the common good.

Since starting the term the students have been exploring coding skills and thinking critically about how their skills can create positive change in the world.

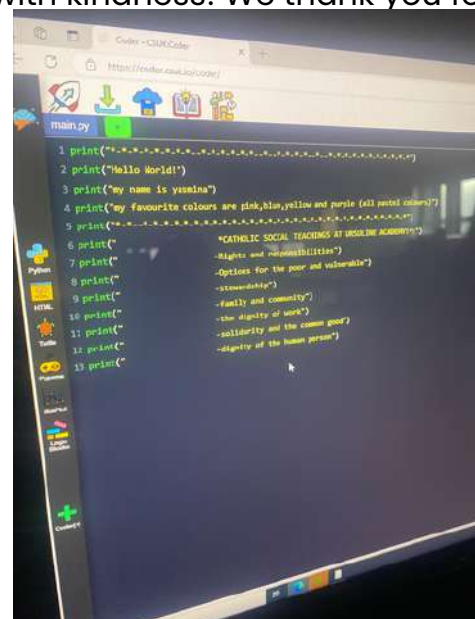
Many girls often feel hesitant or unsure about stepping into the world of technology and coding, but our lessons are helping to change that. We're showing the girls that their contributions are valuable and necessary for shaping the future of technology. Their enthusiasm for coding is proof that, with encouragement and opportunity, they can break through stereotypes and embrace their talents.

The results have been amazing! The girls are now becoming more confident and compassionate about Python and this was our aim as their computer science teachers! Some have given up their own time to work on their projects which shows just how passionate they are about what they're learning. Catholic Social Teaching has also helped the girls understand that these values are universal they connect with many other religious and ethical traditions, making these lessons even more meaningful.

We'd love for families to get involved. Ask your daughter about what she's been learning in class and the projects she's working on. These conversations can help reinforce the ideas of leadership and responsibility we're explore the Ursuline leaf petal '**Leading for Justice**' in school.

By combining programming with the values of Catholic Social Teaching, we're helping the girls see that coding is more than just a technical skill but it's a way to make the world a better place.

Let's keep encouraging them to dream big and lead with kindness! We thank you for your support!



**Mrs Ahmed & Ms Hanifi, Computer Science Teachers**





## Drama News

On Wednesday 15th January, the Year 11 GCSE Drama students went to see the acclaimed production of *The Lion* at the Lyceum Theatre.

This was a fusion of storytelling, music, song and dance to create a spectacular production that carries shades of William Shakespeare's *Hamlet*.

The production was brilliant – from the dazzling set, and special effects, the fantastic performances, from the talented cast and the crowd-pleasing song and dance numbers. The Year 11 students thoroughly enjoyed the show and are busy evaluating it in preparation for their written examination for the Drama GCSE.

Thank you to **Miss Mackie**, **Miss Ramzan** and **Miss Heybrock** for accompanying the trip.



**Ms Milne, Subject Lead Drama**

# Jack Petchey's "SPEAK OUT" Challenge!

On Wednesday 15th January, our year 10 cohort took part in the Speak Out workshops delivered by facilitators from the Jack Petchey Foundation. Students spent the day working towards becoming stronger communicators, feeling empowered, growing in confidence and developing their oracy skills. The students had a brilliant day and there were two winners from each class on the day, see their names below. These girls will go on to deliver their speeches to the year group and our winner will then compete in the regional competition against other schools in Redbridge.

Well done to Year 10 and thank you to Miss Choudhury for all of her hard work in organising such a successful day for the year group and thank you to our Premises team for helping us set up the workshop spaces.

**Winners from each workshop group: Ana, Alyssia, Veronica and Fatima S**



**Mrs Riste and The English Department**





**Hasnat Dudeh 8R** - Hasnat is an outstanding student who always gives her all in every lesson. Her commitment and enthusiasm, both in class and outside (after-school clubs), are remarkable. She is always ready to try out new sports with a positive attitude in lessons, which has a positive effect on the whole class. She is constantly eager to help others and puts a lot of effort into her lessons. Hasnat is always one of the first students to turn up for basketball club, and she gets right into practicing her dribbling and shooting.



**Tiahna Bascoe 9J** - Tiahna is a remarkable student who consistently puts forth her best effort in every lesson. She is dedicated and hardworking, excelling both in the classroom and in her after-school club. Her dedication and enthusiasm in the classroom are exceptional, as she consistently gives her best effort in every lesson, as well as in netball and basketball club. Tiahna also demonstrates daily her excellent communication skills and ability to encourage and motivate others.

Both girls fully deserve these awards. Keep up the work girls!

**Ms Whates, Teacher of P E**



## Science News

The Science department are excited to invite you to take part in the **2025 Young Science Writer Award (YSWA)**, organised by the Association of British Science Writers (ABSW). This prestigious national competition offers students the opportunity to showcase their science writing talent and gain recognition for their work.

The aim of the competition is to encourage talented **14-16yo students** with a passion for **STEM** and writing to submit an **800-word essay** on the topic of their choice.

The winner will receive **£1000, a 1-year Young Royal Institution membership, and the chance to meet BBC science journalists among other prizes.** Their essay is also published nationally in the media which attracts highly positive press coverage. The runners-up each get £250 with ten students who are highly commended receiving **£100** each.

### Key Dates

Competition Opens **17th January 2025**  
Competition Closes **07th March 2025**  
Winners & Schools Contacted **07th April 2025**  
Winners Announced Nationally **10th April 2025**  
Awards Ceremony **23rd June 2025**

This is an outstanding opportunity for pupils to not only develop their skills and receive public recognition for their writing, but it also provides national and international promotion for our school!

We really hope to see some entries! Come and see Ms Filipe for more info during Tuesday break-time in G7!



**Ms Filipe, Head of Science**





## Twin Day

Just before Christmas we gathered a number of the twins we have with us in the Ursuline and remarkably we have twin sisters in almost every year group! Please see the photos below.

All the students in the school are 'sisters' to one another but twin sisters bring a double emphasis to this special friendship and bond. Many families will have non identical twins and also many generations of twin births.

Saint Angela Merici understood the importance of community in her spiritual journey. She believed that being surrounded by others who shared her faith and values was crucial for personal growth and development. For Angela, community provided a sense of belonging, support, and encouragement in her quest for holiness. We wholeheartedly celebrate all that makes us distinctive and inclusive.





Ursuline  
Academy  
Sixth

## UA6 Open Evening

### THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls aged 11 – 19 in the Diocese of Brentwood

Headteacher: Ms Fiona A Stone BSc (Hons) MA NPQH



Dear Parents and Carers of Year 11 Students,

I am delighted to invite you to the **Open Evening for our newly re-launched Sixth Form, UA6**, on **Thursday, 23rd January 2025**, starting at **5:00 pm**. To help us plan this exciting event, we kindly ask that you confirm your attendance by completing this short form: <https://forms.office.com/e/ckjDb48y7L>.

This evening is a wonderful opportunity for you and your daughter to learn more about what UA6 has to offer, including the exciting developments we've implemented to make it a competitive and outstanding place to study.

The event will begin with a **welcome address by myself, at 5:15 pm**, followed by inspiring contributions from our **Head Girl, Deputy Head Girl, and current Year 12 students**, who will share their experiences and provide a true flavour of life at UA6.

UA6 continues to grow in strength, with **outstanding results in August 2024** and a **raised grade profile in our current Year 12 cohort**, the strongest in several years. These achievements reflect our commitment to excellence and our vision of preparing students for their next steps, whether they pursue **university, apprenticeships, or industry careers**.

We are proud to offer tailored pathways to suit all aspirations:

- **Scholarship Pathway** for high academic achievers.
- **Apprenticeship/Industry Pathway** for students aiming to enter the workforce or gain practical experience.
- **University Pathway** to support students aspiring to higher education.

Please note that students wishing to apply for the **Scholarship Pathway** must also complete the additional Scholarship Application Form [Link to Scholarship Application Form on website](#)

#### Important Information:

- **Application Deadline:** Friday, 14th February 2025. [Link to application form on website](#)
- **Interviews:**
  - For internal candidates: During the school day from **25th February 2025** onwards (times and locations will be provided in advance).
  - For external candidates: **Thursday, 27th February 2025, from 4:00 pm to 6:00 pm**.

We are excited about the opportunities UA6 provides and hope to see you on the evening to discuss how your child can thrive in our supportive and ambitious Sixth Form.

Warm regards,

**Fiona Stone**  
Headteacher



success in learning for all





## Year 9 News

### Race Academy Win

Winning my first trophy was an incredible experience, especially since it was a race academy event that brought together cadets, juniors, and advanced drivers. The race was tough, and the track conditions were challenging due to it being slippery and difficult to handle. Despite this, I managed to stay focused and make a decisive overtake on the final lap, securing the win. It was a thrilling moment and a proud achievement to come out on top in such a competitive and mixed field. And I hope to achieve more soon.

**Sophia Latona 9J**



**Ms Khan, Head of Year 9**



## Careers News

**Please note, below is just a snapshot of the opportunities and information posted on Satchel this week. For full details and links please check Satchel**

### For students considering university

**Support at your fingertips** - From financial discounts for events to the Uni Guide Podcast, Jargon Buster, event searches and video guides, there's plenty to inspire and inform. Explore the [student support page](#).

**Uni Guide Podcast - Is university right for you in 2025?** - In Episode 37, university expert Jonathan Tinnacher (25+ years of experience across 8 universities!) joins student panellists Anton and Reece for an inspiring conversation on whether university is the right choice. Listen on all streaming platforms or [on UniTasterDays](#).

[Visit UniTasterDays](#)

### Getting started with university research

With **over 160 universities in the UK**, starting the journey of choosing the right one can be daunting. For students who need advice on where to begin, this webinar series will help them answer questions like:

- Will a degree help me prepare for my future career?
- Should I stay close to home or apply somewhere further away?
- Am I eligible for a contextual or lower grade offer?
- What do I need to prepare for the UCAS October deadline?

Series of webinars from 27 January – 29 January 2025. Register now on Unifrog using the link I shared.

### Young Professionals' Black Leaders of the Future

#### Event Details

- Date: Tuesday, 29th January 2025
- Time: Two sessions – 9:30am-1pm or 1:30pm-5pm (choose your slot during registration), Location: Clapham Grand, London

This event offers an exclusive chance to:

- Meet Leading Employers: Network with organisations including PwC, Goldman Sachs, Clifford Chance, Fragomen, UBS, Goldman Sachs, BDO, Freeths, Legal & General, Bloomberg, the RAF and more!
- Explore Career Opportunities: Learn about apprenticeships, internships, and graduate roles in fields such as finance, law, technology, engineering and professional services.
- Gain Valuable Insights: Hear inspiring stories and career advice from Black leaders shaping their industries.
- Build Your Network: Connect with like-minded peers and professionals eager to support your growth and success.

<https://www.surveymonkey.com/r/YP-BLOTF-Jan>





## Careers News Continued...



**Job role:** Information Communications Technician (ICT)

**Apprenticeship:** **Level 3**

**Job role:** Software Development Engineer (England)

**Apprenticeship:** **Level 6, Location(s):** London

**Job role:** Software Development Engineer (England)

**Apprenticeship:** **Level 6, Location(s):** Cambridge

**Job role:** Digital Product Manager

**Apprenticeship:** **Level 4, Location(s):** London

**Job role:** HR Consultant

**Apprenticeship:** **Level 3, Location(s):** London

**Job role:** Buying and Merchandising

**Apprenticeship:** **Level 4, Location(s):** London

**Job role:** Buying and Merchandising

**Apprenticeship:** **Level 4, Location(s):** Manchester

**Job role:** Finance / Accounting

**Apprenticeship:** **Level 7, Location(s):** Manchester

**Job role:** Finance / Accounting

**Apprenticeship:** **Level 7, Location(s):** London

**Job role:** Marketing (England)

**Apprenticeship:** **Level 3, Location(s):** London

**Job role:** Sales / Account Manager

**Apprenticeship:** **Level 6, Location(s):** London

### Insight to Freshfields Virtual Event

#### Work for one of the World's Elite Law Firms

**Event:** Insight to Freshfields – Work for an International Law Firm

**Date:** Monday, 27th January

**Time:** 5:00pm - 6:00pm

**Platform:** Zoom (link provided upon registration)

**Programme Overview:** Gain insights into the Freshfields apprenticeship opportunities and how the pathways support your legal career development.

**First-Ever Solicitor Apprenticeship Programme:** Be part of Freshfields' inaugural solicitor apprenticeship cohort launching in September 2025



## Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
  - Income Support
    - Income-based Jobseeker's Allowance
    - Income-related Employment and Support Allowance
  - Support under Part VI of the Immigration and Asylum Act 1999
    - The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the [Redbridge.gov.uk](http://Redbridge.gov.uk) website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School Meals will bring in more money to our school.

Thank you for your co-operation.







# Lunch Menus

## MAINS *Only £2.50*

*Week One:* 06/01/2025, 27/01/2025, 24/02/2025, 17/03/24

MON	TUE	WED	THU	FRI
<b>★ PORTUGUESE PLATES ★</b> Peri-Peri Chicken with Lemon & Herb Sauce (G,Su,E,Ce)  Vegan Peri-Peri Squash with Lemon & Herb Sauce (G,Su,E,Ce)  Spicy Wedges (Mu) Crushed Minty Peas  Extras: Toasted Pitta Bread (G) Grilled Haloumi (M)	<b>★ HOME COMFORTS ★</b> Beef Cottage Pie (G,So,Mk,Ce)  Vegan Cottage Pie (G,So,Mk,Ce)  Roasted Root Vegetables Garden Peas  Extras: Crusty Baguette (G)	<b>★ ROAST ★</b> Roast Chicken Dinner with Stuffing & Chicken Gravy (G)  Roasted Winter Root Vegetable Wellington with Stuffing & Vegetable Gravy (So,E,G)  Crunchy Roast Potatoes, Carrots & Kale  Extras: Yorkshire Pudding (G,E,Mk)	<b>★ ASIAN FLAVOURS ★</b> Sticky Turkey Chow Mein with Crunchy Toasted Seeds (G,So,Mu,E,Ce)  Sticky Vegetable Chow-Mein with Crispy Tofu (G,So,Mu,E,Ce)  Vegetable Stir Fry with Crunchy Beansprouts (So,G)  Extras: Prawn Crackers (Su,Cr) Spring Rolls (G,So,Mk,E,Ce)	<b>★ FISH &amp; CHIP SHOP ★</b> Battered Fish Fillet (G,F)  Jumbo Sausage (G,Su)  Vegan Homemade Pea & Potato Samosa with Raitha (G)  Chips Peas Baked Beans  Extras: Chip Shop Gravy Curry Sauce (Mk,So)

**THEME BARS -PLUS DAILY- JACKET POTATOES & SALAD BAR**

*Meal Deal*  
**Only £2.70**

Check out what's on offer today, available for free school meals!



**Daily Pasta Bar**  
 Slow Cooked Beef Bolognese (G)  
 Tomato and Basil (G)  
 Mac 'n' Cheese (G,Mk)  
  
**Served with**  
 Home baked Garlic Bread (G,So,Mk)  
 Pesto (Mk) & Cheese (Mk)  
  
**Med £2.20 / Large £2.50**

## GLOBAL EATS

From £2.50



MON	TUE	WED	THU	FRI
Sliced Tomato and Cheese Panini (G,Mk)	Chicken Beyti Flatbread (G,Mk,So)	Pepperoni and Mozzarella Panini (G,Mk)	Fully Loaded Cheeseburger with Crispy Pickles (G,Se,Mk)	Mozzarella Panini (Mk,G)

## DESSERTS

- MONDAY**  
Lemon Blondie (G,E)
- TUESDAY**  
Sticky Baked Jam Doughnut (G,Su)
- WEDNESDAY**  
Oaty Pear Crumble & Custard (G,E,Mk,So)
- THURSDAY**  
Chocolate Sponge Pudding (G,E,Mk,So)
- FRIDAY**  
Somerset Apple & Cinnamon Cake (Mk,E,G)

£1.40

## ALLERGENS

*we're always here!*

- Ce = Celery
- Cr = Crustacean
- E = Eggs
- F = Fish
- G = Cereals containing Gluten
- L = Lupin
- Mk = Milk
- Mo = Molluscs
- Mu = Mustard
- N = Nuts
- P = Peanuts
- Se = Sesame Seeds containing Gluten
- So = Soya
- Su = Sulphur Dioxide

Speak to one of our chefs if you have any allergies.

## MAINS *Only £2.50*

*Week Two:* 13/01/2025, 03/02/2025, 03/03/2025, 24/03/2025

MON	TUE	WED	THU	FRI
<b>★ FIESTA FLAVOURS ★</b> Smoky Chilli Con Carne with Crushed Tortillas (Mu)  Vegan Smoky Veggie Chilli with Crushed Tortillas (Mu,So,Ce)  Golden Jewelled Rice BBQ Beans (G,So)  Extras: Flour Tortillas (G) Grated Cheese (Mk)	<b>★ KATSU KITCHEN ★</b> Panko Chicken Katsu with Curry Sauce (G,E,So)  Panko Sweet Potato Katsu with Curry Sauce (G,E,So)  Steamed Rice Asian Salad  Extras: Prawn Crackers (Su,Cr)	<b>★ HOME COMFORTS ★</b> Chicken Sausages with Onion Gravy (G,Su)  Grilled Vegan Sausages with Onion Gravy (So)  Creamy Mashed Potatoes Green Beans  Extras: Yorkshire Pudding (G,E,Mk)	<b>★ MASALA MOMENTS ★</b> Chicken Tikka Masala with Mango Chutney  Crispy Paneer Tikka Masala with Mango Chutney (Mk)  Pilau Rice Onion Salad  Extras: Nan Bread (G)	<b>★ FISH &amp; CHIP SHOP ★</b> Battered Fish Fillet (G,F)  Sausage Roll (G,Mk,So,Su)  Vegetable Spring Roll with Sweet & Sour Sauce (G,So)  Chips Peas Baked Beans  Extras: Chip Shop Gravy Curry Sauce (Mk,So)

**THEME BARS -PLUS DAILY- JACKET POTATOES & SALAD BAR**

*Meal Deal*  
**Only £2.70**

Check out what's on offer today, available for free school meals!



**Daily Pasta Bar**  
 Slow Cooked Beef Bolognese (G)  
 Tomato and Basil (G)  
 Mac 'n' Cheese (G,Mk)  
  
**Served with**  
 Home baked Garlic Bread (G,So,Mk)  
 Pesto (Mk) & Cheese (Mk)  
  
**Med £2.20 / Large £2.50**

## GLOBAL EATS

From £2.50



MON	TUE	WED	THU	FRI
Cheese and Tomato Panini (G,Mk)	Fish Finger Bap with Tartare Sauce & Salad (G,E,F,Se)	African Jollof Rice with Chicken	Spicy Turkey Tacos	Cheese and Tomato Panini (G,Mk)

## DESSERTS

- MONDAY**  
Raspberry and Coconut Sponge (G,E,Mk,Su,So)
- TUESDAY**  
Pineapple Cupcakes (G,E,Mk)
- WEDNESDAY**  
Apple Crumble & Custard (G,E,Mk,So)
- THURSDAY**  
Banana & Toffee Cake (G,E,Mk,So)
- FRIDAY**  
Chocolate & Beetroot Brownie (G,E)

£1.40

## ALLERGENS

*we're always here!*

- Ce = Celery
- Cr = Crustacean
- E = Eggs
- F = Fish
- G = Cereals containing Gluten
- L = Lupin
- Mk = Milk
- Mo = Molluscs
- Mu = Mustard
- N = Nuts
- P = Peanuts
- Se = Sesame Seeds containing Gluten
- So = Soya
- Su = Sulphur Dioxide

Speak to one of our chefs if you have any allergies.





# Lunch Menus Continued...

## MAINS *Only £2.50* *Week Three: 20/01/2025, 10/02/2025, 10/03/2025, 31/03/2025*

MON	TUE	WED	THU	FRI
<b>AMERICAN DINER</b> Hot Dogs with Yellow Mustard Crispy Onions & Jalapenos (G,Mu,Se,Su)  Veggie Hot Dogs with Yellow Mustard Crispy Onions & Jalapenos (G,Mu,Se,Su,E)  Baked Potato Wedges Southern Style Coleslaw (Su,Mu,E)  Extras: Onion Rings (G)	<b>SOUTH AFRICA</b> Cape Malay Chicken Curry (G)  Vegan Chakalaka (Soweto Chilli)  Fragrant Yellow Rice Tangy Bean Salad  Extras: Mealie Bread (G,E,Mk,So)	<b>ROAST</b> Slow Roast Turkey with Stuffing & Roast Gravy (G)  Vegan Winter Root Vegetable & Kale Filo Parcel (G)  Crispy Roast Potatoes Baked Carrots & Parsnips  Extras: Yorkshire Pudding (G,E,MK)	<b>WRAP STATION</b> BBQ Pulled Pork Wrap (G,Ce)  Vegan BBQ Vegetable Wrap (G,Mu)  Spicy Rice (Ce) Roasted Corn & Pepper Salad  Extras: Tortilla Chips	<b>FISH &amp; CHIP SHOP</b> Battered Fish Fillet (G,F)  Roast Chicken  Cheese & Onion Turnover (G,F,E)  Chips Peas Baked Beans  Extras: Chip Shop Gravy Curry Sauce (Mk,So)



**THEME BARS  
-PLUS DAILY-  
JACKET  
POTATOES  
& SALAD BAR**

*Meal Deal*  
**Only £2.70**

*Check out what's on offer today,  
available for free school meals!*



### Daily Pasta Bar

- Slow Cooked Beef Bolognese (G)
- Tomato and Basil (G)
- Mac 'n' Cheese (G,Mk)

**Served with**  
Home baked Garlic Bread (G,So,Mk)  
Pesto (Mk) & Cheese (Mk)

**Med £2.20 / Large £2.50**

## GLOBAL EATS

*From £2.50*

MON	TUE	WED	THU	FRI
Teriyaki Chicken Noodles (G,E,So,Su)	Cajun Beef & Rice Burrito (G,Mu)	Pepperoni and Mozzarella Panini (G,Mk)	Beef Meatball & Mozzarella Sub (G,Mk)	Cheese and Tomato Panini (G,Mk)

## DESSERTS

- MONDAY**  
Chocolate Marble Cake (G,Mk,E)
- TUESDAY**  
Banana & Choc chip Sponge (G,E,Mk,So)
- WEDNESDAY**  
Lemon Curd Cake (G,E,Mk,So)
- THURSDAY**  
Sticky Toffee Pudding (G,E,Mk,So)
- FRIDAY**  
Coconut & Lime Shortbread (G,Su)

**£1.40**

### ALLERGENS

*we're allergy aware!*

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*Speak to one of our chefs if you have any allergies.*



# School Lunch



## Extra-Curricular Activities

Day	Activity	Time	Room	Year
<b>MONDAY</b>				
<b>BEFORE SCHOOL</b>	Breakfast Club: DGU	8.00 – 8.30a.m.	Canteen	All Years
<b>LUNCHTIME</b>	Trampolining: LWH	12.40 – 1.40p.m.	Gym	Years 9/10
	Guitar Ensemble: JMC	1.10 – 1.40p.m.	S5	All Years
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	Maths Club: SDN/SVI	12.40 – 1.40p.m.	F13	All Years
	Science Homework Club: SAK	12.40 – 1.10p.m.	G9	Years 7/8
<b>Fortnightly</b>	Chemistry Club: JOS	12.40 – 1.10p.m.	G8	Years 9 - 13
<b>AFTER SCHOOL</b>	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
<b>TUESDAY</b>				
<b>BEFORE SCHOOL</b>	Breakfast Club: JMC	8.00 – 8.30a.m.	Canteen	All Years
	Big Sister Mentoring: HCO	8.45 – 8.55a.m.	Hume House	Years 11 - 13
<b>LUNCHTIME</b>	Dance: GCSE PE Students	12.40 – 1.40p.m.	Dance Studio	Years 10/11
	KS3 Drama Club: IMI	1.10 – 1.40p.m.	Drama Studio	Years 7/8/9
	History Catch Up: KBE	12.45 – 1.15p.m.	F20	Year 11
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	Maths Club: SDN/TKA	12.40 – 1.40p.m.	F13	All Years
	Python Lab: MHA	12.40 – 1.10p.m.	F7	Year 10
	STEM Club (Visualise): AKO	1.00 – 1.30p.m.	G12	All Years
	Violin Ensemble: Peri Teacher	1.10 – 1.40p.m.	S5	All Years
<b>AFTER SCHOOL</b>	English 5 O' Clock Club: SRI/MCR/FCH/LBU	3.30 – 5.00p.m.	F8	Selected Year 11 Students
	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
	Open Netball Session: LWH	3.20 – 4.20p.m.	Playground/Dance Studio	Years 9/10/11
<b>WEDNESDAY</b>				
<b>BEFORE SCHOOL</b>	Breakfast Club: JMC	8.00 – 8.30a.m.	Canteen	All Years
<b>BREAKTIME</b>	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	All Years
<b>LUNCHTIME</b>	Eco Club: HCO/JMC	1.00 – 1.30p.m.	G3	All Years
	Islamic Society: AAH	12.40 – 1.40p.m.	F10	All Years
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	SEN Science Club: MUD	12.40 – 1.40p.m.	G11	Years 7/8
	Script Writing Club:	1.00 – 1.40p.m.	S4	Years 9 - 13
	Spanish Speaking Club: SCL	12.40 – 1.10p.m.	G5	Year 11
	Sparx Maths Club: SSI/YVE	12.40 – 1.40p.m.	F13	All Years
<b>AFTER SCHOOL</b>	DT Catch-Up Club: AKO	3.20 – 4.20p.m.	G12	Year 11
	EAL Intervention: FCH	3.30 – 4.15p.m.	F11	Selected Students
	Football: LBU/DOK/LWH	3.20 – 4.20p.m.	Gym	Years 7/8/9
	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years



THURSDAY				
BEFORE SCHOOL	Breakfast Club: EDO	8.00 – 8.30a.m.	Canteen	All Years
LUNCHTIME	Art Club: RBU	12.40 – 1.40p.m.	S2	All Years
	Badminton: DEA	12.40 – 1.40p.m.	Gym	Years 9/10/11
	Debate Club: EDO	12.40 – 1.40p.m.	F19	Years 12/13
	French Speaking Club: LGR	12.40 – 1.10p.m.	G6	Year 11
	Greek Mythology: MPO	12.40 – 1.10p.m.	F4	All Years
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	Medic Mentoring: KSE	1.10 – 1.40p.m.	G11	Year 12/13
	STEM Club (Visualise): AKO	1.00 – 1.30p.m.	G12	All Years
	Woodwind Ensemble: Peri Teacher	1.10 – 1.40p.m.	S5	All Years
	Worship Band: FST	12.40 – 1.10p.m.	S4	All Years
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
FRIDAY				
BEFORE SCHOOL	Breakfast Club: DGU	8.00 – 8.30a.m.	Canteen	All Years
BREAKTIME	EPQ Club: GIR	10.40 – 11.00a.m.	G19	Year 12/13
LUNCHTIME	African Caribbean Society: SAK/DOK	12.40 – 1.10p.m.	F7	All Years
	Art Club: RBU	12.40 – 1.40p.m.	S2	GCSE/A Level Art Students
	French Ambassadors Club: LGR	12.40 – 1.10p.m.	G6	Years 8/9
	Gardening Club: DEA	12.40 – 1.10p.m.	Chapel	Years 7/8
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	Sporty Friday: JGA	12.40 – 1.40p.m.	Gym	Years 7/8/9/10/11
	UAI Band: Peri Teacher	12.40 – 1.10p.m.	S5	All Years
Fortnightly	Poetry Club: SFN	1.05 – 1.35p.m.	F3	Years 7/8/9
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years

